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SHARING HER STORY

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about her suicide attempt,
and ending stigma
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Five tasks on horizon for police

LAW ENFORCEMENT

Strategies to deal with pot laws, gun crime on force's list



Zane Woodford
Metro | Halifax

Halifax Regional Police have big plans for the next two years.

Police are currently taking their proposed budget through the municipality's process, along with their list of 50 business unit deliverables for the next two fiscal years.

The municipality's Board of Police Commissioners got a presentation outlining those deliverables from police policy and business initiatives adviser Kathleen Patterson on Monday.

Here are five items that stand out:

1 OPIOIDS:

Amid what has been called a nationwide opioid crisis, Halifax police, working with the province, the municipality and RCMP, want to come up with "an Opioid Misuse Strategy that will target at-risk populations and help to reduce harm."

2 MARIJUANA:

With marijuana expected to be legalized this spring, and confusion currently reigning in the local weed scene, Halifax police, again working with the province, the municipality and RCMP, want to develop a "Legalization of Marijuana Strategy that will ensure HRM is aligned and prepared for the change in legislation."

3 SEXUALIZED VIOLENCE:

With specific attention paid to university students and young people, Halifax police want to develop a "targeted approach to sexualized violence," working with the municipality and RCMP.

4 GUN SAFETY:

After a violent year in Halifax, police want to work with RCMP and the public safety office — which is also working on a public safety strategy for this year — to "research, review and consult on gun crime in HRM."

5 COMMUNITY SURVEY:

Halifax police want to go to the community to find out what the people want from their police force. They'll work with the province, the municipality, the Board of Police Commissioners and other police agencies "to ensure HRP has an understanding of the community expectations and attitudes toward police."



Halifax Regional Police forensic investigators search for evidence on Cragg Avenue last November. METRO FILE

Board asks for changes to police budget

Halifax's Board of Police Commissioners will make a final recommendation to regional council at its meeting next week, but on Monday, it asked for a few changes to the force's best case budget scenario.

Police came to the board last week with three budget scenarios: one asking for an increase of more than \$1 million, one more or less holding the line on spending, and another with a reduced budget.

On Monday, the board chose

the first scenario, but asked Chief Jean-Michel Blais to provide his input on a few changes for the next meeting. "We've asked him to take a look at a few topics and to come back next week ... with his final recommendation with input from the commission," Deputy mayor and board chair Steve Craig said after Monday's meeting.

The board found a few hundred thousand dollars in savings, by, among other things, decreasing the amount spent on

aggressive CAO Richard Butts-era vacancy management from \$400,000 to \$100,000 — an idea brought forward by Coun. Wayne Mason.

"I hate vacancy management ... but if we're in the middle of it, I think phasing that out over the next few years might be the way to go rather than foregoing some of the asks and service enhancements," Mason said.

Mason made a motion with that request for Blais' input, along with another on the pros-

pect of police only making five of the seven new special hires they'd asked for.

"Each one of these positions will affect, to a certain degree, front-line policing," Blais told the board.

Next week, the board will weigh Blais' recommendation and make its own recommendation to regional council's committee of the whole on a specific number for the 2017/18 Halifax Regional Police budget.

ZANE WOODFORD/METRO

MEDICINE

IWK Health Centre applauded for open-ended visiting hours



Yvette d'Entremont
Metro | Halifax

The IWK Health Centre is one of two Nova Scotia hospitals that has committed to a 'Better Together' movement allowing for 24-hour visiting policies.

On Tuesday, the Canadian Foundation for Healthcare Improvement (CFHI) released a list of Canadian hospitals and healthcare organizations that have committed to adopting and/or have adopted "family presence" policies.

The Harbour View Hospital in Sydney Mines was the only other Nova Scotia hospital to

make the list.

"I think that nobody knows the situation for a patient better than the patient themselves and/or the patient and family," said Jocelyn Vine, the IWK's vice president of patient care and chief nurse executive.

"They're the experts on what are the goals, what are the things that are important to them and their healthcare."

In a 2015 poll conducted for CFHI, nine in 10 Canadians supported the idea of getting rid of set visiting hours for families.

The organization also conducted a study in November, 2015 that found fewer than one in three Canadian hospi-

tals had accommodating visiting policies. Even fewer offered 24/7 access to designated family members.

Vine said at the IWK, the family presence model has been part of an evolving 20-year journey. She said they've long understood that patient care is better when they work closely with patients and families.

"Of course we've made gradual improvements and really strengthened the integration of patients and families as members of the care team in that time," she said in an interview.

"I wouldn't put a start or a stop on it. It's constantly

improving ... I would say that maternity and children's hospital have been on this journey for many years. Our patients and families are really some of our very best advisers."

The IWK's website notes there are no official visiting hours, but friends and visitors are asked to call ahead before arriving to ensure it's an appropriate time to visit.

In a media release, the CFHI said research shows family presence policies result in many positives for patients. These include improved patient outcomes, fewer medication errors and falls, and reduced lengths of stay and readmissions.



The IWK Health Centre in Halifax. METRO FILE

Tense moments for Trudeau

TOWN HALL

'Lies!' shouted in response to his answer on the oilsands



Haley Ryan
Metro | Halifax

Oil pipelines brought a tense moment into Justin Trudeau's Dartmouth town hall, when some anger was delivered after the prime minister cited western indigenous groups agreeing with the newly approved lines.

More than 2,000 people gathered at the Dartmouth Sportsplex on Monday night to hear from Trudeau, who took audience questions on refugees, aging hospitals, Bill C-51 and over-representation of African Canadians and indigenous people in prison.

When Trudeau was questioned about recouping losses from the oilsands, he said it's important to move away from fossil fuels — but first Canada must handle the "transition" and move oil through newly approved pipelines like those from Kinder Morgan and Enbridge.

However, a Mi'kmaq woman next called for oil to "be left in the ground" and said pipelines cause dead fish and sinkholes. She asked why Trudeau always brings up jobs and the economy when discussing new pipelines, without the same attention to alternative energy.

"There's going to be people on other sides of the issue, and I can point out 39 different indigenous communities out west who are very supportive of the Kinder Morgan pipeline," Trudeau said before a chorus of "lies" came from the woman and others near her.

Trudeau asked for them to be respectful as he answered, outlining an ocean-protection plan for both the Pacific and



Prime Minister Justin Trudeau hosts a town hall-style meeting at the Dartmouth Sportsplex on Monday evening. JEFF HARPER/METRO



He has the potential to be a really good prime minister, but who he listens to is the key. Paul Wozney

Atlantic coasts and "world-class" spill response.

Local resident Paul Wozney came to the event with his 10-year-old daughter and said afterward Trudeau's toughest questions were around balancing the economy and environment.

"He tried to sell it that you can do both at the same time. I don't know if you can, I don't know if the people buy it, but I understand the pickle he's in," Wozney said. "I think he's real-

izing it's not so simple."

Since Trudeau has often taken the "underdog" side in issues such as same-sex marriage and refugees, Wozney said, it seems an about-face to not stand up for indigenous rights in this case.

"To say there's a group that do — there's a lot of groups that don't. That's going to be touchy ... advocating for an oil-and-gas industry where there's a lot of establishment people and a lot of money," Wozney said.

When asked if there was a point where Trudeau would speak up against president-elect Donald Trump, the prime minister said they were both elected on platforms of helping the middle class, "and we're going to find common ground doing things to help ordinary families."

"Is it going to be a challenge, sure, but I never expected this job to be easy," he said.

Wozney said it was good to hear Trudeau talk about what drew him to politics and have such a public forum, because there's always the uncertainty of whether someone from a "silver spoon" family can represent the rank-and-file Canadian.



Close to 2,000 people were at the Dartmouth Sportsplex to ask questions and take photos. JEFF HARPER/METRO



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A two-part Metro special focus

'Make the journey easier for everyone and end the stigma'

WELLNESS

Athlete wants to open up a dialogue about mental health

Adam Richardson
For Metro | Halifax

This is the first in a two-part series on Atlantic University Sport athletes talking about their struggles with mental health as Bell Let's Talk Day approaches on Jan. 25. A second profile will appear later this week. Be advised the below story includes some graphic details.

On April 25, 2014, Hannah Wallace grabbed a bottle full of prescription sleeping pills and wrote a note to apologize to her family and friends.

"It was very impulsive," Wallace recalls. "I was at peace with it. I came to the realization I was done and I felt it would be better for everyone if I was gone."

Wallace's parents found her in their Herring Cove home and rushed her to hospital. Rather than a life taken, her story is now about giving back to others.

"To feel at peace with ending your own life ... it's terrifying that your mind can take you



Hannah Wallace, a rugby player at Saint Mary's University, also works with the Elephant in the Room campaign. Open to all students, staff and faculty, the program seeks to end the stigma associated with mental illness. JEFF HARPER/METRO

there," she says.

Wallace's journey with depression took hold in the fall of 2013. She was a full-time commerce student and also a member of the Saint Mary's Huskies women's rugby team, a commit-

ment involving weekday morning practices on top of games and road trips. She became sad, overwhelmed and withdrawn, often sleeping 14 hours a day.

"Small things like answering emails and showing up on time

to classes seemed so big, so impossible," says Wallace, originally from New Glasgow.

"There is a helplessness once depression seeps in. You can't see the light at the end of the tunnel, you don't know how

to get out. I just got tired of fighting it."

Wallace, 23, had always found more than competition in rugby. Teammates became friends, and the sport's inclusive nature became more of an identity than an activity.

"Some of my best friends are on this team, and I stay close with some of the veterans who have moved on," she says.

"It's such a good environment; everyone here can feel automatically accepted and there is a place for everyone."

In January 2016, the Saint Mary's rugby team dealt with the sudden loss of a teammate who died due to mental illness. Her death resonated with Wallace.

"I was once in that place. I understood where she was, and it broke my heart that she passed away. It could've been me. I never wanted to see anything like this happen again."

Last fall, Wallace was a team leader with the Here for Peers mentorship program to help varsity athletes succeed in academics and sport.

She works with the Elephant in the Room campaign, which is open to all students, staff and faculty and aims to end the stigma associated with mental illness.

She's helping create the Student Athlete Mental Health Initiative, a workshop that assists coaches of all varsity sports in

+ REACH OUT

How to get help:

If you're in crisis, go to the nearest hospital, call 911 or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week. If you're looking for programs and services, or information about mental health, contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

dealing with mental-health issues.

Wallace is also involved in Bell Let's Talk Day on Jan. 25. A handful of close friends and teammates have approached her to share their stories. She says it can be comforting to speak with someone who understands.

"If I took a hard tackle on the field, they'd send me to physiotherapy. It should be no different for an illness to your mind. Learning to understand and talk about these things is a big step," she said.

"It's hard to open up and share my story, but it shouldn't be such a struggle or scary to tell people how you feel inside. We need to make the journey easier for everyone and end the stigma."

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Thomas Ted Barrett arrives at Nova Scotia provincial court in Halifax in February 2013.

THE CANADIAN PRESS FILE PHOTO

Accused murderer obtains a lawyer

COURT

Thomas Ted Barrett had trouble finding representation

Although the trial dates still need to be confirmed, a Glace Bay man charged with second-degree murder did confirm Monday he has secured a lawyer.

Thomas Ted Barrett, 41, is charged in connection with the May 2012 death of Laura Cather-

ine Jessome of Bras d'Or whose remains were found inside a hockey bag along the shores of the Mira River in Marion Bridge. Jessome had been strangled.

Barrett elected his trial by Supreme Court judge and jury and the trial is to be held from May 1-19.

But Barrett had been having difficulty forming a solicitor/client relationship with several proposed lawyers and one lawyer was forced to excuse herself from the case after being alerted to a conflict in that her firm had already represented

a co-accused in the case, Morgan James MacNeil, 25, also of Glace Bay.

During a Supreme Court appearance Monday, the court was told Barrett is now represented by Zeb Brown of the Annapolis Valley. TC MEDIA

TRIAL DATES

The defence and Crown are now scheduled to return to court Jan. 23 to confirm trial dates.

CULTURE

Overlooked artist gets her due in 'little feminist victory'

For decades, her creations have been wrongly attributed to male artists — but after a two-year investigation of her work, the daughter of a former Prince Edward Island lieutenant governor is finally getting credit long overdue in what a researcher calls a "little feminist victory."

The Confederation Centre Art Gallery in Charlottetown opened its "Introducing Caroline Louisa Daly" exhibit over the weekend, but it's hardly

the first time her paintings have graced its halls. Some pieces have been part of the gallery's permanent collection since the 1960s.

But the paintings and drawings were for years wrongly attributed to Charles L. Daly and John Corry Wilson Daly — both artists from Ontario who were of no relation to Caroline Louisa Daly.

"I don't think it was a malicious misattribution by any means, but I think it's just all

too easy to forget the accomplishments of women sometimes," said gallery registrar Paige Matthie. "(That was) the driving force that kept me going back to it over and over again ... to give credit to a woman who we've never, ever acknowledged before."

The exhibition runs through May 7 and features works from the gallery's collection, public archives and previously unseen works donated by Daly's descendants. THE CANADIAN PRESS

EDUCATION

Students speaking out on work-to-rule

When Marika Schenkels and Hunter Redmond decided to write a letter about the work-to-rule job action they used their strengths and created a video letter, and they're amazed at how many people have viewed it.

The video "Open Your Eyes: A Letter to our Parents, Teachers and Government from the Students of South Colchester Academy Regarding the NSTU Strike" was posted on YouTube Jan. 10 and has now been seen by tens of thousands of people.

"We just wanted to give our point of view," said Schenkels, a 16-year-old Grade 11 student at the Academy. "We want the work-to-rule conditions to end."

About 30 students took part in the creation of the video, with Schenkels directing and Redmond producing it.

"We thought maybe we'd get about 300 views," said Schenkels. "When I went to bed Tuesday night it had 170 and in the morning Hunter

"I think it will really help people understand the effects this is having on us."

Marika Schenkels

sent a text saying it had 3.8k. I thought he meant 380 first."

Students tried to be non-biased while pointing out how the labour dispute was impacting them. They hope people involved in the dispute have watched the video.

In the video students say they feel they're saying goodbye to clubs, musicals, proms, sports teams, scholarship recommendations, student councils and more.

"We see all of the opportunities to grow going to waste," the narrator states.

TC MEDIA

30

About 30 students took part in the creation of the video, which has been watched tens of thousands of times online.

HISTORY

Hockey heritage site, arena approved

A new hockey arena and heritage centre just got closer to becoming a reality.

During the first session of joint council since 2015 recently, the elected councils of Windsor and West Hants passed motions to agree to recommit financial contributions to a new arena and hockey heritage centre near Long Pond.

It's believed that the pond is where the game was invented and first played.

The councils also agreed to look into joint ownership of the arena in order to secure federal funding towards the project.

Each council will now need to vote on these items individually at their own council meetings to move the hockey heritage centre forward.

Members of the Long Pond Heritage Committee said that they were thrilled with the vote of confidence in the project. TC MEDIA

Job Opportunities

- Returning Officers
- Trainers

Elections Nova Scotia has returning officer vacancies in electoral districts of **Hammonds Plains-Lucasville** and **Dartmouth South**.

Appointed by Nova Scotia's Chief Electoral Officer for a 10-year period, a provincial returning officer administers the electoral process in the electoral district in which they live. The position calls for broad management experience and a variety of skills. The work is diverse, challenging and rewarding, and, by its nature, it is impartial and nonpartisan.

Elections Nova Scotia is also calling for applications for trainers. Appointees would be responsible for training election workers during the election. The trainer may be based anywhere in Nova Scotia.

Completed applications must received online by January 30, 2017.

Find out more about these opportunities at electionsnovascotia.ca/employment



Trudeau trip to be probed

ETHICS

Watchdog to investigate use of Aga Khan's helicopter

Canada's ethics watchdog plans to take a closer look at Justin Trudeau's recent family holiday at the Aga Khan's private island in the Bahamas, fanning the flames of a controversy the government has so far been unable to snuff out.

Trudeau's holiday with the Aga Khan — a family friend, noted philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — bears closer scrutiny, ethics commissioner Mary Dawson confirmed Monday.

In a letter to Blaine Calkins, one of two Conservative MPs who filed formal complaints, Dawson said she will examine both Trudeau's stay at the island and his use of the Aga Khan's private helicopter to get there.

Dawson wrote that she has "commenced an investigation" to determine if Trudeau broke two sections of federal ethics laws "in connection with his recent stay at and travel to the Aga Khan's privately owned island."

The vacation included Trudeau, his wife and three kids, Liberal MP Seamus O'Regan and Liberal party president Anna Gaaney, all of whom took part in helicopter flights between the capital city of Nassau and the secluded island.



Justin Trudeau and Aga Khan in May 2016. SEAN KILPATRICK/THE CANADIAN PRESS

Though not a registered lobbyist, the Aga Khan is on the board of directors of the Aga Khan Foundation, which receives tens of millions of dollars in government contributions to international development projects.

"The ethics commissioner is quite right to investigate this," Conservative MP John Brassard said in an interview.

Such potential violations of ethics rules and laws raise questions about whether government spending decisions could ultimately be influenced, he added.

"This is one example where the rules ... have potentially been broken," Brassard said. "What other rules have been broken that Canadians aren't aware of? If you do it once, they can certainly do it again. Canadians need to be mindful of this."

THE CANADIAN PRESS



Police guard the Blue Parrot nightclub in Playa del Carmen, Mexico. THE ASSOCIATED PRESS

MEXICO

Canadians killed in shooting

Two Canadians were among at least five people killed Monday in a shooting attack at an electronic music festival in Mexico's Caribbean coast resort of Playa del Carmen, Mexican authorities said.

And Canadian government officials added that at least two other Canadians were wounded in the deadly incident at a popular night club.

The attorney general of Quintana Roo state said three of the dead appear were part of

the security detail at the 10-day BPM electronic music festival.

Miguel Angel Pech said the shooting occurred about 2:30 a.m. at the Blue Parrot nightclub, one of the BPM Festival's venues in Playa del Carmen, just south of Cancun.

Pech said a lone gunman apparently tried to enter the nightclub, but was denied access because he had a gun.

The gunman began to exchange fire with another person inside, he said, and festi-

val security personnel tried to stop the shooting and came under fire.

Pech said it was not a terrorist attack and that three people had been detained nearby, but it was unclear if they had been involved in the shooting.

"We know of another shooting incident that occurred near the nightclub, but we are investigating whether that is related" to the nightclub shootings," Pech said.

THE ASSOCIATED PRESS

IN BRIEF

Home sales rebound

Home sales are not going to be as big of a boost to the Canadian economy this year as they were in 2016, the Canadian Real Estate Association said Monday as it released its latest batch of figures.

The real estate association says home sales were up 2.2 per cent in December from the previous month, rebounding partially from a big drop following the introduction of new mortgage rules.

The number of homes trading hands posted the biggest monthly retreat in more than four years from October to November, CREA said.

THE CANADIAN PRESS

Family finds pills in tub of ice cream

Niagara regional police are advising residents to be alert after discovering Advil capsules in a container of ice cream.

Police say they got wind of the issue on Saturday after being called to a home in St. Catharines, Ont.

They say a resident opened a sealed container of Iceberg French Vanilla ice cream and began serving it to family members before discovering about eight pills in the container.

Police later identified the pills as Advil brand ibuprofen gel capsules.

No one ingested the pills found inside the ice cream.

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Food stolen by squirrels is for the birds



Stephanie Taylor
Metro | Winnipeg

A Winnipeg woman is allowed to keep a bird feeder in her backyard — as long as she keeps it clean.

Debra Belcourt appeared before Monday's meeting of the protection, community services and parks committee to appeal a violation order issued by the city.

The order states Belcourt is in

violation of the Neighbourhood Livability Bylaw by keeping her yard in an unsanitary condition, due in part to the presence of a feeder that is said to attract many squirrels and mice.

Belcourt told Monday's committee the bylaw officer who inspected her property last November mischaracterized the structure as a squirrel feeder, when in fact it was purchased at a speciality store and is intended for wild birds.

"If squirrels grab a peanut

or a seed or whatever, it's not a big deal. It's just not," she told reporters on Monday.

Committee chair Coun. Mike Pagtakhan read written complaints from some of Belcourt's neighbours, who allege that she purposely feeds squirrels, which in turn wreak havoc on nearby lawns.

Belcourt, who has lived in St. James for 35 years, said she feels targeted by neighbours and claimed complained about her yard as a bullying tactic.

Nature groups working to end turtle hunt



Adam Kveton
For Metro | Ottawa

They're big, they bite and they're at risk, but you can still hunt them in Ontario.

A local group says that could

spell the end for snapping turtles.

And while the province is looking into restricting the hunt, local nature groups are hoping to do away with it entirely.

Local ecologist David Seburn, who prepared the Ottawa Field-Naturalists' Club's submission to

the environmental registry, said the province's interest in continuing the hunt is "not based on science."

Seburn says the hunt is not sustainable due to things like habitat reduction and road kill rates, as well as the way snapping turtles breed.

“I’ve put it off long enough.”

Poutine, politics at Trump tailgate

INAUGURATION

Canada's party at its embassy a hot ticket for U.S. bigwigs

No, Donald, not Putin. Poutine.

Canada's embassy in Washington, D.C., is celebrating Donald Trump's Friday inauguration with an invitation-only "tailgate" party featuring delectable Canadian cuisine — "including but not limited to poutine, British Columbia salmon, Canadian beef and tourtière," embassy spokeswoman Christine Constantin said in an email.

There might be tasty surprises. The 2013 party for Barack Obama's second inauguration involved Tim Hortons coffee, Molson beer, Crown Royal whisky and BeaverTails.

The embassy shindig is always one of the most sought-after tickets of America's celebration of democracy. Partly because Americans like Canadians, sure, but mostly because of its unsurpassed view of the parade route. The Arthur Erickson building on Pennsylvania Avenue is the

only embassy located between the White House and the Capitol.

The party has been held since Bill Clinton's inauguration in 1993, though it hasn't always been a "tailgate." Canadian diplomats this time expect 1,800 guests, including big shots in politics, diplomacy and business. Newt Gingrich, a prominent Trump ally and the former speaker of the House of Representatives, has shown up for three inaugurations in a row.

Most of the guests will hang out in the embassy courtyard and indoor Canada Room and theatre, watching Trump's swearing-in and inaugural address on television screens. The elite among the elite will get to have brunch with Ambassador David MacNaughton on the 6th floor, which offers majestic views of the Capitol.

Like most of official Washington's social events, this one serves a political purpose. Canada's schmoozing with U.S. power brokers may be especially critical at a time when the incoming president is vowing to renegotiate the North American Free Trade Agreement, impose new import taxes, pursue "Buy

+ INAUGURATION

Military bands, Boy Scouts to join parade

Military bands and units from all branches of the service, high school bands and even the Boy Scouts and Girl Scouts will join newly sworn-in President Donald Trump in Friday's Inaugural parade.

More than 8,000 people are expected to follow the new president as he proceeds from the swearing-in ceremony on at the Capitol to the White House.

THE ASSOCIATED PRESS

American, Hire American" economic policy and change the U.S. relationship with its military allies.

"Hosting an event at our embassy gives Canada an excellent opportunity to welcome important guests, further build on our relationships and continue to advance Canada's interests in the United States," Constantin said.

TORSTAR NEWS SERVICE



The view of the U.S. Capitol from the Canadian Embassy in Washington on Jan. 20, 2009 — the day Barack Obama took the Oath of Office to become president. AARON HARRIS/TORSTAR NEWS SERVICE

TURKEY

Suspect in Istanbul massacre captured

A gunman suspected of killing 39 people including a Canadian woman during a New Year's attack on an Istanbul nightclub has been caught in a police operation, Turkish media reports said early Tuesday.

The suspect was captured in a special operations police raid on a house in Istanbul's Esenyurt district, private NTV television reported. The broadcaster said he had been staying in the house belonging to a friend from Kyrgyzstan.

Daesh has claimed responsibility for the nightclub mas-

sacre, saying the attack in the first hours of Jan. 1 was in reprisal for Turkish military operations in northern Syria. The man identified as the suspect had been on the run since the attack.

Hurriyet newspaper and other media have identified the gunman as Abdulkadir Masharipov, an Uzbekistan national. The suspect was to undergo medical checks before being taken to police headquarters for questioning, the paper said in its online edition.

Dogan news agency pub-



The Reina club attack suspect DEPO PHOTOS/THE ASSOCIATED PRESS

lished what it said was the first image of the attacker. It

showed a bruised, black-haired man in a grey, bloodied shirt being held by his neck. Private NTV television said the gunman had resisted arrest.

NTV reported that the suspect's Kyrgyz friend and three other people also were detained. His four-year-old child, who was with him at the home, was taken into protective custody.

Hurriyet newspaper said the alleged gunman's wife and one-year old daughter were caught in a police operation on Jan. 12.

THE ASSOCIATED PRESS

ECONOMY

Stronger growth is projected by the IMF

The International Monetary Fund is raising its forecast for the U.S. economy this year and in 2018, reflecting an expected boost from the economic policies of President-elect Donald Trump.

The IMF report said Canada is headed for stronger economic growth in 2017 and 2018 than last year and also increased 2017 growth projections for a number of other countries including China, Germany, Japan and Britain, but warned that the global

economy faced a number of downside risks including rising protectionist trade pressures.

The 189-nation global lending agency's latest economic outlook, released Monday, took note of the significant impact Trump's election has already had in giving a boost to U.S. stock prices, interest rates and the dollar. The new outlook puts U.S. economic growth at 2.3 per cent this year and 2.5 per cent in 2018.

THE ASSOCIATED PRESS



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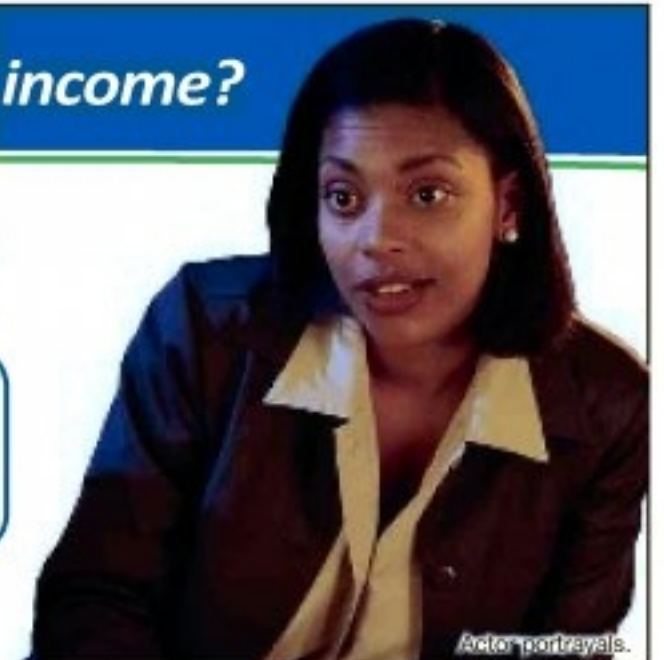
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metr VIEWS

METRO FOCUS ON
ACTIVISM!

Your essential daily news

ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

VICKY MOCHAMA
ON PROGRESSIVES LOSING THEIR OWN GAME

Direct action is not an exclusively left phenomenon. In fact, it was activism, in various forms, that won the U.S. election for Donald Trump.

With the publicity of activist movements like Idle No More, Black Lives Matter and Occupy Wall Street, it's easy to say that activism failed to win the American election.

In fact, activism elected Donald Trump. Activism, too, will be necessary in the next few years.

After the election of Barack Obama, two ongoing phenomena strengthened in volume and vigour.

First, there was the Republican strategy of engineering the boundaries of electoral districts to its own advantage. Having won governorships and legislatures in key states like Pennsylvania and Michigan after redistricting campaigns, the GOP began winning at the national level where Democrats had usually won or traditionally had a fighting chance.

With millions of dollars in funding, such efforts changed the electoral map. In politics, malfeasance is the name of the game. Done artfully, it's strategy.

This was at time when resistance to the ideas that elected Barack Obama began to coalesce online. In spaces once devoted to gaming and picking up women, men (and some women) shared their frustrations with being alienated by the gains of feminism and identity politics. Thus, they organized.

These activist streams

found common cause across the Obama years on issues like abortion, and equal marriage. In Trump, however, the net effect: a society that has more readily accepted the racist, sexist and xenophobic politicians who now enjoy broad governing power across the federal branches and in al-

Focus on people's economic anxiety. Get out of your bubble. Stop talking about race.

It's very liberal to dull the edges of one's sharpest criticisms. It is a crazy-making proposition. The solution shouldn't be to back off. The left needs to become louder and more



GOOD FOR GOOSE, GOOD FOR GANDER President-elect Donald Trump raises his fist, a gesture that since ancient times has signified resistance, at a rally in Alabama in December. *©erry*

most two-thirds of states.

Clearly this amounts to a virulent and intolerant brand of activism. And it has radically altered politics.

And yet, in the aftermath of the election, left-leaning people have been told to dilute their messaging.

forceful in its criticism and its co-ordination.

There are a breadth of activist groups, from the water defenders of Standing Rock to the organizers of Black Lives Matter, advancing a cultural conversation around human rights. The liberal majority that



A simple trick guaranteed to get government's ear

HALIFAX MATTERS

Tristan Cleveland



Want to make a difference? There's an underused way to get decision-makers to hear you over everyone: propose something.

About one year ago, I was at a public consultation about how to use a piece of government land. Everyone expressed the usual opposition or support for the proposal. Except one person.

A young woman shyly suggested the land be used for an innovative parking garage with green walls, gardens, power generation and charging stations for electric cars. Planners who were there can't remember the usual stuff everyone said, but they remember that idea.

In activism, what matters is not what you say, but what people hear. The fact decision-makers still recall that suggestion means she maximized her opportunity to have an impact, and all because she sincerely put forward an idea.

Many government staff and politicians get into that line of work not just for the salary, but because they'd like to find solutions. Imagine how dispiriting it is for them to only ever hear a shouting match between "yes" and "no." Proposing something new gets their attention. In part because it reminds them why they do their job.

There are at least two reasons people do not propose new solutions more often.

The first, I believe, is fear.

It feels safe to judge others, and people certainly have no qualms about criticizing (or sometimes applauding) government. Suggest your own idea, however, and you put yourself in the position of potentially being judged yourself. It's vulnerable, yet far more valuable.

Angry comments online are probably so common because they take less courage than originality.

The second reason is that solutions aren't easy to think up. Not all ideas have to be well-researched since they can act as inspiration. But if someone wants to be truly influential, they have to show why something will work. That can feel daunting to someone who has never tried to make change.

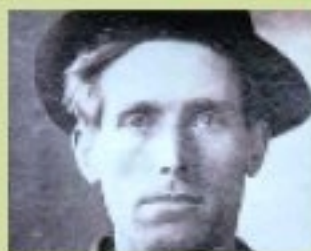
Luckily, Halifax has a thriving ecosystem of well-organized advocacy organizations that can help anyone take a possibility and turn it into a killer proposal.

This isn't another screed about how we need to just be positive. Negativity is vital to a democracy and is central to activism, since without it, politicians would make terrible decisions all too efficiently. (A.K.A., Cogswell, Africville, Larry Uteck, Ingraupport Connector, Nova Centre).

But being critical itself is not enough, and we should want more than the boring status quo.

Halifax could use some ideas, and you'd be surprised how influential they can be in a small city like ours. Frankly, if more people proposed them, politics would just be more fun.

DAILY ACTIVIST AFFIRMATION Heed Joe Hill!



"As 2017 kicks off, labour organizer and singer Joe Hill's century-old words as he faced a Utah firing squad ("Don't waste any time in mourning. Organize!") have taken on a renewed meaning. In the face of what can seem like overwhelming odds, time and time again, people have shown that successful organizing against injustice, building power through building and strengthening organizations and community depends on lots of vital but unseen everyday 'grunt work.'"

- Prof. Aziz Choudry, author of Learning Activism

Whether he's a tyrant or simply a toddler, millions of lives and livelihoods are at the mercy of Trump's whims. Protecting them — and one another — will require activism with clarity and courage.

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
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CULTURE

The separation of dog 'parents' can be tough on the pooch too

As Tiana Leonty and Jarret Wright's relationship was ending their biggest concern was "What do we do with Rex?"

The 72-pound German shepherd mix was a handful. Almost five years old and racked with separation anxiety, a condition they expected would only be aggravated by losing a "parent" in a leash tug of war.

They bought him together, trained him together, and adored him together.

"We both loved Rex right away," says Leonty, who, like Wright, grew up with a dog. Rex came into their lives in 2015 as a three-year-old rescue. The Toronto-based actors, who had been living together for two years, broke up just four months after getting the dog and faced the question of what to do with Rex.

"I could not take him from Jarret. It would break my heart," Leonty says. Wright too couldn't part with Rex or take him from Leonty, so the ex-couple decided to "co-parent" instead.

This arrangement could become more commonplace as millennials opt to adopt pets rather than have babies as they delay marriage and home ownership.

Breakups involving pets don't always end this well. A judge in Saskatchewan recently rebuked a childless couple in family court over an application to determine where two of their dogs would

Sharing Rex with the ex



Tiana Leonty and Jarret Wright have shared custody of their five-year-old dog Rex for a year since their split. TORSTAR NEWS SERVICE

stay while the divorce is finalized. The wife asked that the case be treated with a "custody approach" as with kids in a divorce, but the judge decided a "dogs are property" approach was best. In a 15-page decision, the judge recommended the dogs stay with the wife's parents in the interim.

"In Canada, we tend not to purchase our children from breeders," wrote Justice Richard Danyliuk, noting that, while "there is a distinction between animals and inanimate objects, it is also true that both are prop-

erty and are not dealt with under child custody principles."

At the Toronto Centre for Canine Education, Caryn Liles has counselled clients during pet custody negotiations. She has successfully co-parented a three-legged dog with an ex for 10 years. The dog, Parker, died last year at the age of 14.

"He was a really sensitive dog in a lot of ways but really bomb-proof in others. He was comfortable going back and forth; he didn't feel uprooted every time," says Liles, who lived a 20-minute streetcar ride from her ex when

they shared Parker. Liles often suggests a "trial period" where the "co-parents" try shared custody for a couple of months and

+ PET PRE-NUP

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

then reassess.

"If the dog is experiencing behaviour challenges like reactivity or aggression or general anxiety or separation anxiety, shared custody — the back and forth, the uprooting — can be really traumatic for them," she says.

That's what made Leonty nervous about co-parenting Rex with Wright, who was more adamant that they try joint custody.

"I was worried about Rex because he's a rehab dog and the ideal situation is for the dog to have one owner," says Leonty, repeating the advice of multiple

dog trainers. But ultimately, they decided they'd need each other's support in caring for Rex.

"We didn't want to give him up, so we thought we'd do this and see how this works," says Jarret. "It's like sharing a kid."

When they moved out, they decided to live just three blocks apart to make the swapping easy. They didn't draw up any "custody" papers, but soon developed a flexible "3-4/4-3" system: she has Rex for 3 days; he gets Rex for 4, then she for 4 and so on. After one year of co-parenting the arrangement has been a success.

When sharing doesn't work, some people get litigious. That often gains media attention but disputes over animals rarely make it before a judge, says Mike Saini, University of Toronto social work professor and custody evaluator for the Office of the Children's Lawyer.

"Most people can resolve their disputes without the courts," he says. "Family courts are already overtaxed by too many cases. I would rather see these cases be triaged in a different way."

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

Leonty and Wright aren't thinking about paperwork. After a year of sharing Rex, they've passed the "trial period."

"If a partner comes into the mix, they have to accept the arrangement and the dog," says Wright. "Beyond that they have to accept who my friends are and my ex is one of my closest friends." TORSTAR NEWS SERVICE

Q&A

Why a split can spark a new you



Jill Sockwell's new book, *The Optimist's Guide to Divorce*, sees her outline how divorce can be the spur for real, positive changes in your life.

When Jill Sockwell's marriage came apart, her plan was to binge read her way through the self-help section at the bookstore.

What the mom of two from Maplewood, N.J., found, however, is that those shelves offered mostly dry, clinical books on "surviving" divorce, usually penned by therapists.

"On the flip side there were the memoirs like *Eat, Pray, Love*," says Sockwell, "but I didn't have the time or the budget to go find myself in Bali. I had to find myself on my couch while my kids were asleep in bunk beds."

She did, however, have time to find a new friend in Suzanne Riss, also recently separated. Together they founded a network of single moms called the Maplewood Divorce Club and co-authored a new book called *The Optimist's Guide to Divorce: How to Get Through Your Breakup and Create a New Life You Love*.

You've said you wanted to challenge the notion that divorce is one of the worst things that will ever happen to you. How so?

I remember reading this quote: "The world is round and the place which may seem like the end may also be only the beginning," by (former U.S. treasurer) Ivy Baker Priest. I was like, "That's it! This will be challenging, undoubtedly. It'll be hard for me, it'll be hard for my ex — it's going to be hard for the kids. But I'm going to find purpose from this."

How do people start down that path when at the beginning they're so devastated?

Part of creating a new life when you're going through a separation and divorce — the first part really — is acceptance. So it's kind of getting unstuck from the "coulda,

shoulda, woulda-ing" of the past. To say, "This is really happening." And then once you've accepted that, you have to choose how to move forward. Maybe you don't want to stay (where you're living). Maybe you won't have to. Maybe you never went on a beach vacation because he didn't like the beach. There's little things like that that you get to choose differently now, and then there's big things, like maybe you're going to have a new career. It's guaranteed that your life is going to look different and be different. So once you have accepted that, you can move to the place of being empowered to create a whole new life.

There's such a good message in your book about using the end of a relationship to introduce positive changes in your own life. You changed

career. How have you seen that playing out for the other members of the Maplewood Divorce Club?

I think what's interesting is that we put ourselves in little boxes, as humans, and everybody does it. And I think when you get divorced, it's a great time to get a box cutter and say, "I'm going to give myself a lot more freedom to take stock of who I am right now and what I might want." So what we see a lot in the group is that people make some dramatic changes. They buy new houses. They switch careers. We see people really delve into their past relationship patterns and do a lot of hard work on themselves with the hope and the intention of really switching it up, changing their lives and making the best of every day.

TORSTAR NEWS SERVICE

Managing the world's hospital

DOCTORS WITHOUT BORDERS

Life on the front lines of global crises is getting harder

Genna Buck
Metro | Toronto



ACTIVISM!

Doctors Without Borders — known outside North America as Médecins Sans Frontières (MSF) — has had a tough several years.

The organization was left holding the world's (barf) bag as the major clinical provider on the ground during the 2014-2016 Ebola epidemic in West Africa. It's still reeling from the 2015 U.S. airstrike on an MSF hospital in Kunduz, Afghanistan that killed scores of patients and 14 staff.

Meanwhile, the charity that has been the world's hospital for 40 years has taken on the role of the world's ambulance, too, by manning three ships

tasked with rescuing desperate, drowning migrants from the Mediterranean.

Metro spoke to Joanne Liu, a Canadian pediatrician and MSF's international president, about her worries and hopes for global health in 2017, and how, despite being neutral, the group has been forced into an activist role.

How bad was 2016 from your vantage point?

It was a tough year. Flouting of international humanitarian law happened over and over again. We pushed for UN resolution 2286 — it was actually passed unanimously and backed by 85 countries — but we didn't have much of a change in the field.

As well 2016 has been a really, really, scandalous year for people who are in forced displacement. States have been flouting their commitment to giving protection to refugees.

Which countries specifically need to shape up?

Collectively, something needs to happen. But the European



Joanne Liu, international president of Médecins Sans Frontières, treats patients in South Sudan in 2015. CONTRIBUTED

Union with the EU-Turkey deal is one of the big issues. They have externalized the management of their border

to Turkey, which already has three million refugees. They gave (Turkey a deal worth 6 billion Euros) and said "We don't care, just take care of them." Only 70,000 refugees will have access to Europe. This is really outrageous.

As you look into 2017, is the migrant crisis going to be your top issue?

My top priorities are the attack on the medical mission (in Kunduz); the follow-up of that. Second is the forced displacement crisis. Third is legacy of Ebola, and fourth is the antimicrobial resistance crisis.

What are the challenges around Ebola today?

About 15,000 people survived (the 2014-16 outbreak). Survivors are patients. They still carry the virus in their body fluids for a time.

The other part of the legacy is developing tools to fight Ebola if it were to come around again. Ebola was discovered

in 1976. (In 2014) it had no vaccine, really, no specific treatment, and no rapid diagnostic test. This showed us the failure of the research and development model, which, today, is driven by market potential. So now a lot of people, we're saying we need tools to respond to potential bio threats. That's going to be the biggest positive legacy of Ebola.

How does the changing political climate affect your work?

It's way too early to say. Does it create uncertainty? Yes. Will it have a rippling effect on Europe? Possibly. What we're concerned about is people looking at everything through the lens of domestic interests. That's very short-sighted. We can't think of our security in isolation of the rest of the world.

When people thought of MSF ten years ago, they

weren't thinking of people being rescued from the Mediterranean. What has that been like?

I'm glad that MSF has been able to morph and adapt to the needs of the population in need. This isn't the first time we've done this. When HIV came, we didn't know how to treat it. We developed the know-how as we went along. And I think that's what we're doing as well right now with the forced displacement crisis.

There's increasing rhetoric that refugees and asylum seekers are not legitimate, that they're queue jumpers...

Today, someone who is fleeing for his life is treated as a criminal when he arrives somewhere. Even if we don't think someone is entitled to the label of refugee, they still should be treated with dignity. I think in the 21st century we should be giving dignity to every single human being on earth.

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Médecins Sans Frontières' Joanne Liu speaks with locals in Yemen. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Nothing 'ish' about very special episode

THE SHOW: Black-ish, Season 3, Episode 12
THE MOMENT: Dre's history lesson

Months after the U.S. elected Donald Trump, Dre Johnson's (Anthony Anderson) ad-agency colleagues can't stop arguing about it. Stevens (Peter Mackenzie) blames black voters. Daphne (Wanda Sykes) blames white women. Dre snorts.

"Why do you not care about our country?" Stevens asks.

"I love this country," Dre replies, "even though at times it doesn't love me back." In the background, Nina Simone begins singing Strange Fruit. Photos of segregation and urban blight fill the screen.

"The system has never worked for most black people," Dre says in voice-over. "But we still tried to do our best, even though we had to live in neighbourhoods you wouldn't drive through. Send our kids to schools with books so beat up you couldn't read them. Work jobs you wouldn't consider."

"I'm used to things not go-

ing my way," he sums up. "I'm sorry that you're not and it's blowing your mind."

From the opening shot — the Johnson family reacting with shock to Trump's election — you knew this was a Very Special Episode, the sort of cultural commentary Norman Lear did on All in the Family (rape) and Maude (abortion).

Black-ish creator Kenya Barris is stepping up to be the new Lear — see his prior episode about police shootings of unarmed black men.

Here, he dives deep. I don't have room to quote Dre's whole speech, but it's powerful, culminating in a cri de coeur about slavery.

The episode ends on a call to come together. But Barris has most certainly thrown down a gauntlet about where he's coming from.

Black-ish airs Wednesdays on ABC and City.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



On a recent episode of Black-ish, the Johnson family reacts with shock to Donald Trump's win.

AP FILE

GOSSIP BRIEFS

Ivanka ready to ditch style biz for politics

She may not be working in the White House, but that doesn't mean Ivanka Trump is staying out of politics.

Although she has said she will have no official role in her father's administration, Ivanka Trump has been quietly laying the groundwork for an effort that could make her perhaps the best-connected policy advocate in Washington.

In a Facebook post detailing her next moves, the lifestyle brand mogul thanked people who had reached out on issues and added that she is determining the "most impactful and appropriate ways for me to serve our country."

The Trump team has said Ivanka Trump will divest some assets and will receive fixed payments rather than a share of the profits from the Trump Organization. No details have been released on her financial arrangement with her personal lifestyle brand.

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Violet

Domestic Short Hair

Violet is an adorable little ginger tabby with striking dark amber-coloured eyes. She is delightfully friendly, rolling around happily in her kennel so you can give her a tummy rub. She ended up in the shelter after her former guardian was not able to care for her and she was not in the best of health when she first came in. Now, 3-year-old Violet is thriving and she is more than ready to share her love with the lucky person or people who decide to take her home. Please drop by the shelter in Dartmouth to meet this lovely little girl.

For more information on Violet and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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Eugenie Bouchard is into the second round of the Australian Open after beating Louisa Chirico 6-0, 6-4 on Monday



Jets' skid rolls on after five-star San Jose strike

NHL

Winnipeg have now lost four in a row, Ward stars for Sharks

Joel Ward scored a short-handed goal and took a hard hit to assist on Timo Meier's goal, helping the San Jose Sharks beat the Winnipeg Jets 5-2 on Monday for just their third win in eight games.

Brent Burns and Chris Tierney also scored and Joe Thornton had an empty-netter as the Sharks bounced back nicely from a 4-0 home loss to St. Louis on Saturday. Martin Jones made 26 saves, allowing two late goals after the game had been decided.

Josh Morrissey broke up the shutout with 2:36 to play and Mark Scheifele added a goal in the final minute after Jones tried to shoot the puck toward the empty net but hit Scheifele instead. Michael Hutchinson made 27 saves for the Jets, who have dropped four in a row.

The Sharks broke open a close game with two goals in the first half of the second period, starting when Mark Stuart jumped up into the play and flattened Ward on a clean hit in front of the Jets bench.

Ward's head slammed against the ice but the Sharks took advantage of Stuart's aggressiveness with a breakaway when Chris Tierney played the puck



Former Halifax Moosehead Timo Meier scored his second NHL goal in the Sharks' 5-2 win over the Winnipeg Jets on Monday in San Jose, Calif. MARIO JOSE SANCHEZ/THE ASSOCIATED PRESS

ahead to the former Halifax Mooseheads forward, Meier, who beat Hutchinson for his second career goal.

Ward was taken off for observation to make sure he didn't have a concussion. By the time he returned midway through the second the Sharks had added to the lead. Paul Postma was penalized for closing his hand on the puck and Burns made the Jets pay when his point shot hit off the back boards and then deflected off an unsuspecting Hutchinson's skate and into the

MONDAY in California



net for Burns' 18th goal of the season.

The Jets had some good chances early but Jones robbed Shawn Matthias twice in the opening minutes of the first period and Blake Wheeler hit a post later in the first. Winnipeg also got the

first power-play chance when David Schlemko was called for a high stick, but the Sharks scored when Dustin Byfuglien couldn't keep the puck in the offensive zone. Ward went in on a partial breakaway and beat Hutchinson with a shot from the top of the circle to make it 1-0 just 15 seconds into the man advantage.

Tierney took another high-sticking penalty for the Sharks but the Jets couldn't score on the 15-second two-man advantage or either power play.

THE ASSOCIATED PRESS



MLB OBAMA ENDS TERM BY CELEBRATING CUBS' WIN

U.S. President Barack Obama celebrated the World Series champion Chicago Cubs on Monday and spoke about the power sports has to unite people. "It is a game and celebration," he said. The White House event came four days before Obama hands the presidency over to Donald Trump following one of the most divisive elections in recent memory. THE ASSOCIATED PRESS

MLB

Jays 'working hard' to keep hold of Jose

Outfielder Jose Bautista and the Toronto Blue Jays are "working really hard" to bring him back to the club, a person with knowledge of the negotiations told the Associated Press on Monday.

The person spoke on condition of anonymity because negotiations are ongoing. The sides are discussing one-, two- and three-year agreements. Bautista, 36, hit 22 homers with 69 RBIs last year while batting .234 in an injury-slowed season.

Bautista (265) ranks second behind Carlos Delgado (336) on Toronto's career home run list. After Toronto ended a 22-year playoff drought with an AL East title in 2015, Bautista hit a memorable three-run homer in Game 5 of the AL Division Series against Texas, punctuat-

ing his shot with a bat flip. He did not accept Toronto's US\$17.2 million qualifying offer.

The Blue Jays' failure earlier this off-season to re-sign fan favourite Edwin Encarnacion did not go over well in Toronto, which led the AL in attendance.

Encarnacion signed a \$60 million, three-year deal with Cleveland after the Blue Jays withdrew their \$80 million, four-year offer and reached a \$33 million, three-year agreement with Kendrys Morales. Encarnacion hit 42 home runs and tied Boston's David Ortiz for the AL RBIs lead at 127. THE ASSOCIATED PRESS



Jose Bautista GETTY IMAGES

AROUND HOCKEY

Born-again Staal on fire

Eric Staal's stunning re-emergence in Minnesota continues.

In just 42 games for the Wild, the 32-year-old has surpassed the 15 goals and equalled the 39 points he managed in 83 games last season.

Jackets' Gagner in form

Columbus' Sam Gagner has produced 30 points in 41 games for a

per-point cost of \$21,667 on a one-year, \$650,000 pact with the Blue Jackets.

Oilers' top scorer Maroon

The Oilers goal-scoring leader so far isn't Connor McDavid, Leon Draisaitl, Jordan Eberle or Ryan Nugent-Hopkins, but Patrick Maroon, who has 18 goals after scoring 21 in the previous two seasons combined.

THE CANADIAN PRESS



Eric Staal GETTY IMAGES

NHL

Burns may shatter D-liner record

When the San Jose Sharks traded for former Minnesota Wild first-round pick Brent Burns, they believed they were getting a difference-maker on the back-end.

But even the Sharks probably couldn't have anticipated Burns' explosion into one of the most prolific offensive defencemen the NHL has seen in recent decades. In fact, Burns could just end up with the most productive season from a defenceman in the last 20 years if his current pace keeps up in the second half.

Only two defencers since the 1996-97 season have cracked the 80-point plateau: Erik Karlsson

with 82 points last year and Nicklas Lidstrom with 80 points in '05-06. Only one has managed 30 goals in that span: Mike Green scored 31 for Washington in '08-09.

Burns would beat both marks at his current pace — 33 goals and 84 points — and become only the second defenceman in the last 30 years to hit both 30 goals and 80 points since Hall of Famer Paul Coffey who had 30 goals and 113 points for Pittsburgh in '88-89.

What's different for Burns since his days with the Wild? For one, he's shooting the

puck twice as much as before — and more than any player period right now — while playing for a Sharks squad that's considerably more potent than those teams he left behind in Minnesota.

San Jose signed Burns for five years (\$5.76 million US cap hit) shortly after the trade with the Wild, a bargain deal due to expire following this season.

The Norris trophy contender isn't going anywhere though. The Sharks penned Burns to a eight-year extension worth \$64 million in November.

THE CANADIAN PRESS



Brent Burns GETTY IMAGES

MAKE IT TONIGHT

Elevated Shrimp and Orzo Skillet Dinner



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pantry staples help elevate this easy shrimp skillet dish featuring a zest sauce with tomatoes and balsamic vinegar.

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Ingredients

- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, de-

- veined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions

1. In a large skillet, sauté onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.

2. Add the orzo and allow everything to simmer for 15 minutes.

3. Drop in your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque. Sprinkle basil and feta over top and serve.

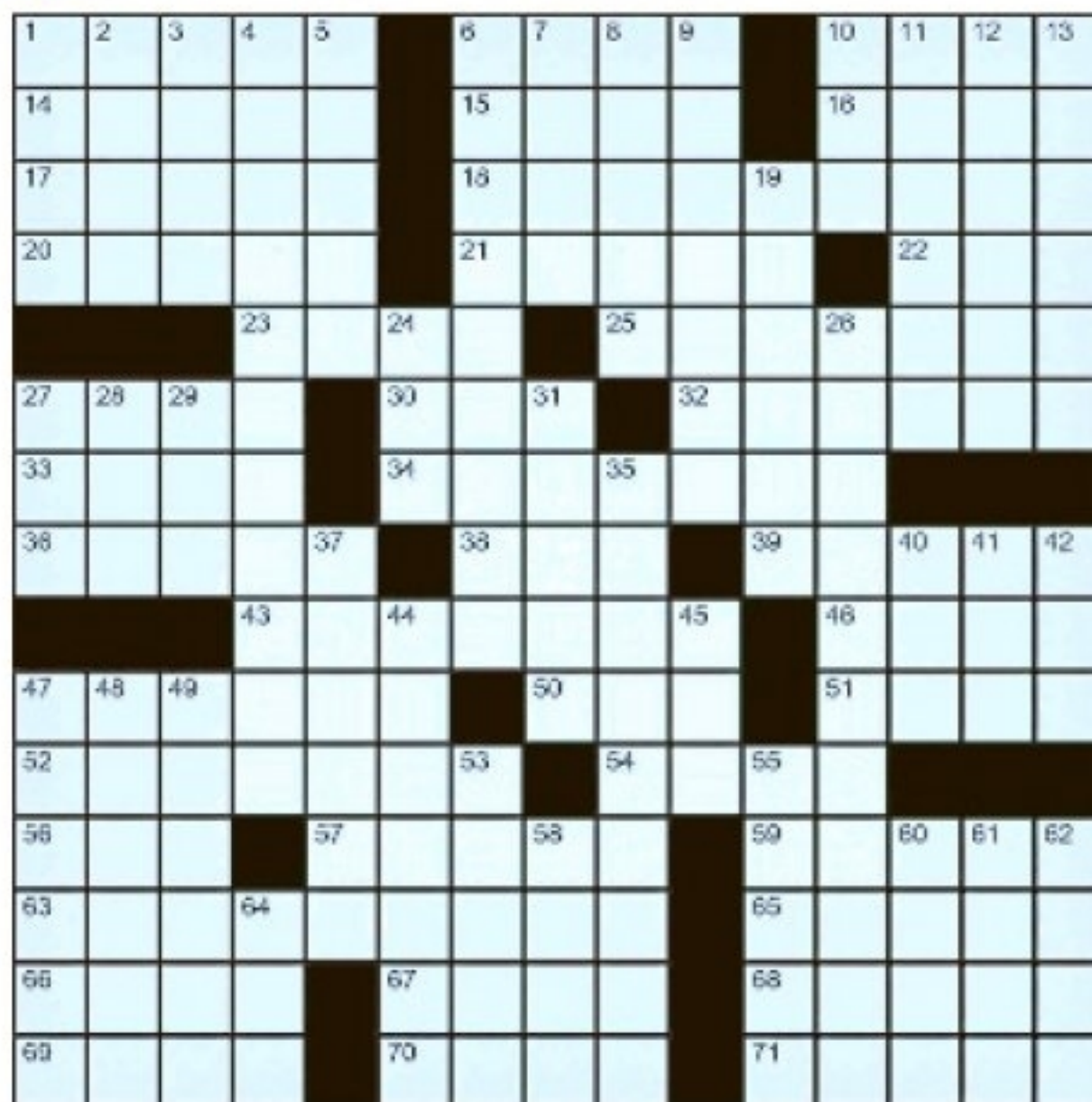
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Sports car power booster, hip-style
- 'Demo' suffix (Politician sort)
- Res __ loquitur (Negligence standard, in law)
- __ management
- Comb's comb-ee
- Bonds
- Rover
- Arf! Terrier types
- Result
- Boeotian Muse of memory
- WNW's opposite
- Canadian literary critic Northrop
- Country legend Ms. West's
- Ritzy ride
- Antiquity
- Surnamesakes of "The Good, the Bad and the Ugly" (1966) director Sergio
- Completed
- Appease the audience
- Pounds, as hail
- Not 'their'
- Powerful tennis shot
- Sporting dog, English Springer __
- Peter Gabriel's "In __ Eyes"
- Give the patrons a better table
- Rocker Mr. Snider
- Slaloms
- From one side only, in law: 2 wds.
- The Queen, less formally
- Feathery fashion
- Ms. Blair



- "Beverly Hills, 90210" character
- Speaks to the crowd
- 'Affirm' suffix (Giving assent)
- Wed's calendar predecessor
- The Jackson 5 member

- Use a landline
- Gas station name
- Visible
- Precept

DOWN

- Composer's creation
- Stratford-__-Avon

- Spinning stats
- Arctic body of water: 2 wds.
- Choose a restaurant dish
- Lizard with many looks
- "__ Man" (1988) starring Tom Cruise and Dustin Hoffman

- Showed TV shows
- Vibration in music
- "Let's call __ day"
- Board the bus as a bunch: 2 wds.
- "__ Rider" by Eric Burdon & The Animals

- Evaluate
- Dissuades
- "You got it."
- Canadian design expert whose great-grandfather Conn is an Honoured Member of the Hockey Hall of Fame and also has an NHL trophy named after him: 2 wds.
- Chop off
- Beatles: " __ Got a Feeling"
- Crooner Mr. Torme
- Stonehenge ritualist
- Square and Compasses secret member
- Scant
- Hunky-dory
- __ generis (Unique, in Latin)
- Puny day parts
- Bears witness
- Ms. Michele
- Discount
- Departure led by Moses in the Old Testament
- "Ace of __" by Motorhead
- Vintage dairy products cow
- Modify
- Apportion
- Canadian dollar bird, Common __
- "Rule, Britannia" composer
- Moscow nope
- '70s record label

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is 180 degrees opposite your sign, which means you have to cooperate with others. This is not a big deal. It just requires a little patience and tolerance.

Taurus April 21 - May 21
Today you want to be efficient in everything. This is why you might be impatient with others if they get in your way. Be careful that your impatience doesn't create more problems!

Gemini May 22 - June 21
This is a playful day. You are in touch with your creative vibes. Enjoy sports events, social outings and fun activities with children.

Cancer June 22 - July 23
A conversation with a female family member might be significant today. In any event, you will want to cocoon at home, if possible.

Leo July 24 - Aug. 23
Short trips, conversations with others and a busy to-do list will keep you on the go today. It's a strong day for writers and people in sales, marketing, teaching and acting.

Virgo Aug. 24 - Sept. 23
Avoid disputes about money and cash flow today, because they might arise. Nevertheless, your focus is on financial matters, shopping and earning money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which gives you a slight advantage over all the other signs. Use this if you can; it happens for two days every month.

Scorpio Oct. 24 - Nov. 22
You might prefer to work alone or behind the scenes today, even though this is a busy time for you. This is an ideal day to catch your breath and get some perspective.

Sagittarius Nov. 23 - Dec. 21
A conversation with a female acquaintance could be important today. Why not share your future goals with this person to get her feedback?

Capricorn Dec. 22 - Jan. 20
Personal details about your private life might become public today, because the Moon is high in your chart. Just go with the flow — you can handle this.

Aquarius Jan. 21 - Feb. 19
Today you want to do something different to break up your routine. That's because you want a little adventure and a chance to learn something new. Good luck!

Pisces Feb. 20 - March 20
Shared property, taxes, debt, inheritances and insurance issues might be your focus today. Wrap up loose details in these areas, if you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	8						3	2
2		4					1	5
3				8	5	2		9
	3						7	
1			5		4			6
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9	5	2	1	3	8	4	6	7
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2	1	9	7	8	4	3	5	6
4	3	8	2	5	6	9	7	1
5	6	7	9	1	3	8	4	2
7	2	5	6	4	9	1	3	8
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8	4	6	3	2	1	7	9	5

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Highline model shown



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